" (2) Water when drunk becomes three-fold; its
grossest portion becomes water, Its middle portion blood, its
subtlest portion breath.

se (3) Fire *{i.e.,* in oil, butter, etc.) when eaten becomes
three-fold ; its grossest portion becomes bone, its middle
portion marrow, its subtlest portion speech.

"(4) For truly, my child, mind comes of earth, breath
of water, speech of fire. " Please, Sir, inform me still more>f
said the son. (t Be it so, my child," the father replied. "

Sixth **Section.**

€s (1) That which is the subtle portion of curds, when churned, rises upwards, and becomes butter.

t((2) In the same manner, my child, the subtle portion
of earth (food) when eaten, rises upwards and becomes mind,
" (3) That which is the subtle portion of water, when
drunk, rises upwards and becomes breath.
" (4) That which is the subtle portion of fire, whea
consumed, rises upwards and becomes speech.
<((5) For, mind, my child, comes of earth, breath of
water, speech of fire. " Please, Sir, inform me still more/'
said the son. (< Be it so, my child," the father replied/'

That food is the root of the body is ^hown by Sankam znMie following way :—Food when softened by wafer and digested becomes fluid, blood

[6] *{sonita}. From it comes flesJ*[1]*, fi'om flesh fat, fyom fat bones, from bones ma-vrow, from marrow seed. Food eaten by a woman becomes equally blood (lohita) and from seed and blood combined the new body is*

produced,

The following genealogical table is suggested to be kept in view to
ve"

member how man had emanated from the True, the Sat.

Sat

Tejas (fire)^Vak (Speech),

Ap (water} ===Pr ana

(breath)^

Anna (earth ==71J'anas

(mind).